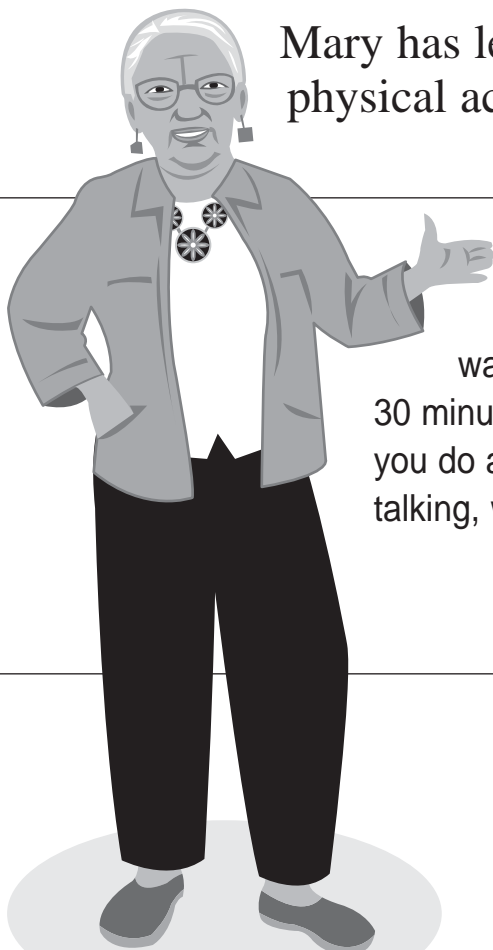


# Take Heart—Say Yes to Physical Activity.

Regular physical activity can help your heart and lungs work better, lower your blood pressure and blood cholesterol, and help you control your appetite and weight. What's more, it can help you reduce feelings of depression, and sleep better, as well as feel more energetic and good about yourself. Even better, physical activity can reduce your risk for diabetes and some types of cancer.



## Make staying active a lifelong habit



Mary has learned that the more physical activity you do, the easier it gets.

“I do not wait until the end of the day. I am active throughout the day. I take the stairs and walk everywhere I can. Now I am up to walking 30 minutes a day with my neighbor. It helps to like what you do and to do it with someone else. We are so busy talking, we walk even longer.”

## Keep moving. Start slowly and work your way up!

Strive to do 30 minutes of activity every day. If you're short on time, try three 10-minute periods.

### Start with Light Activities

- Slow walking
- Watering the lawn or garden
- Light house cleaning
- Cooking

### Moderate Activity

The next level is moderate activities such as:

- Brisk walking
- Climbing stairs
- Dancing
- Raking leaves
- Vacuuming
- Weeding and hoeing a garden
- Bowling
- Playing traditional games

### High Activity

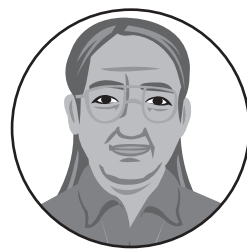
Those who want to increase their level of physical activity should try:

- Running
- Doing aerobics
- Swimming
- Bicycling
- Working out at the gym
- Chopping wood
- Playing basketball, tennis, or soccer

## Other things to do to help you and your family get started:

- Leave a pair of walking shoes in your car.
- Set a date and time with a coworker to begin walking.

Mary, Sally, and Will have all increased their physical activity. They now dance and use their exercise machine almost every day; Ann also lifts weights at the gym.



**Make your personal pledge to be physically active like this AI family does!**

### Look at these examples:

#### Morning

Park the car a few blocks away and walk for 10 minutes.

#### Noon

During lunch, walk with a friend for 10 minutes.

#### Evening

After dinner, take a walk with your family.

**Write the changes you will try to make this week:**

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**Your health and your family's health are priceless. Make an investment in it!**

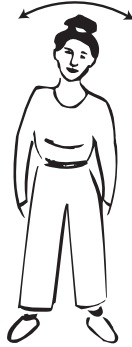
# Stretching Exercises

**Do these stretches gently and slowly. Do not bounce.**



## **1. Deep breathing**

Arms up, breathe in, arms down, breathe out. Two times each.



## **2. Neck Stretching**

Side to side. Two times.



## **3. Shoulder Stretches**

Up and down five times on each side.



## **4. Side Stretches**

Up and down five times in each direction.



## **5. Waist Stretches**

Side to side three times in each direction.



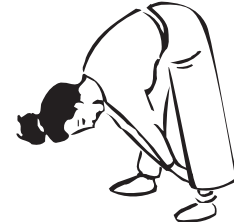
## **6. Twists**

Side to side three times in each direction.



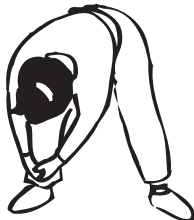
## **7. Back and Leg Stretches**

Down and up five times.



## **8. Back Stretch**

Arms through legs six times.



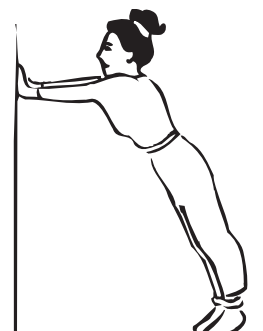
## **9. Leg Stretch (1)**

Hold on to ankle, four times on each side.



## **10. Leg Stretch (2)**

Down and up five times.



## **11. Leg Stretch (3)**

Move heels up and down six times.

# How To Exercise



1. Do stretching exercises. (See handout on stretching exercises.) Then walk slowly for 5 minutes.



2. Walk briskly for 20 minutes.



3. Walk slowly for 5 minutes.



4. Relax!

Developed by the California Diabetes Control Program, Department of Health Services, State of California.